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of channel and a third time period in which traffic data is being received on the first type of channel;

wherein the circuit is further configured to receive a quality level indicator on the second type of channel;

wherein the circuit is further configured to derive first power commands for the first type of channel and second power commands for the second type of channel; and

wherein the circuit is further configured to transmit the first power commands and the second power commands to the subscriber unit.

20. The network device of claim 19, further comprising: wherein the circuit is further configured to receive an indication on the second type of channel that the subscriber unit has traffic data to send on the first type of channel.

21. The network device of claim 19, wherein the second type of channel is a maintenance channel.

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22. The network device of claim 19, wherein the second type of channel is not received continuously.

23. The network device of claim 19, wherein a transmission power level of the first type of channel after transmission of the second type of channel is based on first power commands received before and after transmission of the second type of channel.

24. The network device of claim 19, wherein the at least one second time period comprises a continuous transmission interval.

25. The network device of claim 19, wherein the at least one second time period comprises multiple transmission intervals.

26. The network device of claim 19, wherein the at least one second time period does not occur during the first time period or the third time period.

27. The network device of claim 19, wherein the first type of channel is a data traffic channel.

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